

INSHAPE Indiana DNR Day

Saturday May 3, 2008

Outdoor Activities for Fitness

Activities begin at 10:00 a.m. local time, and are led by DNR staff and community leaders in many locations. Wear comfortable clothing. Bring along a filled water bottle. Free t-shirts are provided to participants on a first-come first served basis by the Indiana State Department of Health and Dick's Sporting Goods.

Property	Activity	Meeting Site	Details and Other Info
Brookville Lake - Mounds SRA	Hike	Mounds Beach Rd	2 miles (moderate), Glidewell Trail
Brown County State Park	Morel Mushroom/Get IN-SHAPE hike	Park Office	1 mile (rugged), Trail #10, 2 hours, highlighting spring morel mushrooms
Chain O'Lakes State Park	Walk	Campground Entrance Gate	2.5 miles (moderate), along Trail 1 & 2
Charlestown State Park	Wildflower walk	Boat ramp	1.5 miles along old road bed, somewhat accessible (easy)
Clifty Falls State Park	Walk	Swimming Pool Bath House	2.2 miles (moderate) upland walk through field, forest, roadside, etc.
Falls of the Ohio	Walk	George Rogers Clark Homesite	3 miles (moderate) Floodwall/grass
Fort Harrison State Park	Walk (strollers & pets welcome)	Delaware Lake Picnic Area	1.8 miles (easy/mod.) along paved Harrison Trace
Hardy Lake	Kayak at **8am & Bike at **10am	Beach (for both activities)	Kayak around lake, bike around property. Bring your own kayak/bike
Harmonie State Park	Walk	Pool parking lot, under tents	2 miles, paved
Indiana Dunes State Park	Walk	Beach Pavilion	2 miles (moderately rugged)
Cagles Mill Lake (Lieber SRA)	Walk, with scavenger hunt	Nature Center	Flexible mileage (easy) accessible, in Picnic area
Lincoln State Park	Lincoln's Neighborhood Walk	Amphitheater	2 miles (easy), meet Lincoln and his neighbors along the way
McCormick's Creek State Park	2 hikes	Nature Center	1.5 miles (easy) accessible Trail 3, & 2.5 miles (rugged) to White River
Mississinewa Lake	Walk	Beach Shelter in Miami SRA	.5 miles (easy/moderate), on pavement, concrete, and grass
Monroe Lake	Walk	Paynetown Service Bldg	1.5 mile (easy) along paved road
Mounds State Park	Walk	Poolhouse	2 miles (moderate), along Trails 5 & 4
O'Bannon Woods State Park	Hike, in conjunction with Volksmarch	Nature Center	3 miles (moderate), Tulip Valley and Rocky Ridge hiking Trails
Ouabache State Park	Walk	Kunkel Lake Spillway parking lot	2 miles (moderate) Bike Trail/Road/Trail 4, accessible to Trail 4
Patoka Lake	#1 Fitness Walk	Modern Campground Shelterhouse	2 mile (moderate) Paved Fitness Trail, with 22 fitness stations
(Patoka Lake)	#2 Kayak into Nature	Beach	2 hour kayak, bring your own
Pokagon State Park	Walk	Inn parking lot, main entrance	2.4 miles (accessible) Paved Bicycle Trail
Potato Creek State Park	Walk	Nature Center	2 miles, Trail #1(moderate)
Prophetstown State Park	Walk	Blazingstar Shelter	2 miles (easy & accessible) Paved Bike Trail/Road
Raccoon Lake/Mansfield Mill SRA	Walk	Chapel Shelter	1.4 miles down Berry Drive Picnic Area Road
Roush Lake (Little Turtle SRA)	Walk	Little Turtle Shelter #1	2 miles (easy) along Metekyah Trail, blacktop road and woodland
Salamonie Lake	Salamonie Kayak Adventure	Start **1:30pm, River Otter Small Boat Ramp at Heiney's Bend (Wildlife Management Unit 6; CR 400W)	Bring your own kayak, register by calling 260-468-2125, trip ends at Mt Etna Small Boat Ramp in town
Shades State Park	Hike	Hickory Shelter	2 hours (rugged), highlighting overlooks and waterfalls
Shakamak State Park	Walk	Log Cabin	2.5 miles (moderate, not accessible) along the road
Spring Mill State Park	Trail Trek, health & fitness questions	Nature Center, 10am-2pm	Pick up tracking card, hike, return by 5pm to receive Certificate & T-shirt
Summit Lake	Hike	Beach parking lot	2 miles (moderate), Trail #1, prairie grass fields (on roads if muddy)
Tippecanoe River State Park	Walk	River Shelter Parking Lot	2 miles
Turkey Run State Park	Hike	Nature Center	2 hours (very rugged), Trails 3 & 4 (2 hr moderate hike also available)
Versailles State Park	Walk	Oak Grove Parking Lot	2.25 miles (moderate), Trail 1
Whitewater Memorial State Park	Hike	Start **2pm, Naturalist Cabin	2.5 miles (moderate), along Memorial Loop Trail

How to Participate

If you are a registered participant in the INShape Program, you will receive a coupon via email in late April that grants you free admission to any state park or reservoir for one of the InShape Indiana Fitness Activities on May 3, 2008. To register as an InShape participant, sign up at www.INShape.IN.gov. Present your coupon at the entrance gate to receive free admission. Information is also available about INSHAPE Indiana at 1-800-433-0746.